


stuffers-special chesess,
meats
nets.

Pork cuts low in fat include the sirloin roast, loin chop, center cut of fresh ham, cured ham butt, whole
cured ham and pork tenderloin.

When buying a conve-
nience breakfast food, check When buying a conve-
nience breakfast food, check the list of ingredients. Some are extremely high in sugar,
and ingredients are listed in and ingredients are ance.
order of predominance
$\qquad$ Conkee, baked or unbak

Holidey Hints Homemade Gift Ideas Here's a fun idea for the
holidays-making your own
Christmas tree decorations Christmas tree ecorations
and Christmas gifts from It doesn't take marble:
chisels and an old master
to make modern master
pieceses out of Play Cley.
Jewerry, toys, decorations,
even art objects can be fash.
ioned by everyone.
Play Clay Recipe: and Christmas gifts from
clay, right in your kitchen.


Get Channels 3,5,6,7,9,11,12 19.22.25.28.40 Flat Ornaments: On waxed paper, roll out clay to $1 / 4$
inch thickness. Cut with cookie cutters into circles,
stars,
triangles, Christmas stars, triangles, Chistmas
tree or animal shapes. For
raised raised designs, cut small cir
cles with bottle cles with bottle caps, or
model freehand; moisten
and press model freehand; moisten
and press onto larger cut.
out. Etch patterns with out. Etch patterns with
knife or paper clip. Insert knife or paper clip. Inser
loop of wire into one edge
for hangine for hanging.
and finish. Baking Soda ( 1 pound
package
1 cup cornstarch
$11 / 4$ cups cold water $11 / 4$ cups cold water
Stir together baking soda
and cornstarch in saucepan.
Add water and cook over and corrstarch in saucepan.
Add water and cook over
medium heat, stirring con-
stantly. When mixture is the stantly. When mixrure is the
consistency of moist mashed consistency of moist mashed
potatoes, turn out on a
plate and cover with plate and cover with a damp
cloth. When cool enough to handie, knead like dough,
then then follow directions for

## OUTSTANDING $\left[\begin{array}{c}\text { VALUE!- } \\ \hdashline=\end{array}\right.$ <br> Channel MasterTV ANTENNA SALE!


'CHANNEL KING' ANTENNA with AUTOMATIC ROTATOR and ALL CHANNEL BOOSTER

ODEN FRIDAY 23TH TIL 9:00 FOR TIIL 12 DAYS OF CHRISTMAS CLILBRATION
DRESSES PLAYWEAR

JEANS





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